



RAW ZUCCHINI PASTA WITH CREAMY TOMATO SAUCE

Raw Zucchini Pasta Base (1-2 small serves):

2 cups raw zucchini – make into pasta like strips with spirulizer

1 tablespoon extra virgin olive oil (optional)

½ teaspoon sea salt (optional)

Mix well and and let sit (I don't always dress the raw zucchini spirals with EVOO or salt)

Raw Creamy Tomato Sauce (3-4 small serves)

1/2 Red Capsicum

1 cup sundried tomatoes

½ teaspoon stevia

1 tablespoons extra virgin olive oil

1 clove garlic

¾ cup raw cashews (soaked for 2 hours in 1 cup water)

1.5 tablespoons fresh basil

1.5 tablespoons fresh oregano

1 tablespoon lemon juice

Sea salt to taste

Garnish

2 tablespoons finely chopped thyme

2 tomatoes diced

Freshly ground pepper to taste

Place all sauce ingredients in a food processor or blender until mixture is smooth (or to your desired consistency – add some more water if you like).

Pour over your Raw Zucchini Pasta base – garnish with tomatoes, thyme and pepper to taste!